A message of hope from Dr Arwen #psychiatry #welcometomychannel #wellness Transcript

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Finding Relief and Answers

People come to this channel because something just doesn't feel right, because there's stress or anxiety, or just a sense that maybe life feels harder than it should.

Maybe you've been searching for answers or looking for a little more peace. Mental wellness can feel complicated, certainly, but it doesnt have to be.

Therapy can sometimes feel confusing. Healing can often feel out of reach, and it does not have stay that way. You don't have to be here, but you are.

So are you someone that's looking for relief yourself?

Who This Channel Is For

Are you a clinician trying to better understand your patients? Or someone who loves someone and wants to help them and be there for them? Maybe it's things like anxiety or insomnia during perimenopause, or learning about the gut-brain connection for the very first time.

Maybe it's nail biting, hair pulling, or other repetitive behaviors. Or that drink at the end of the night that's supposed to take the edge off but backfires.

And sometimes it is addiction or the fear of where things are heading. While you've come to the right place, walk with me and I'll show you that way.

Common Mental Health Struggles

I like to think of mental health like this. Biology, which would be your genetics, your nutrition, et cetera, plus environment, you're experiences, stress, trauma, what you put into your body or what don't put in your own body, that overall equals risk factors.

A Simple Model for Mental Wellness

So here we focus on what's modifiable so that risk can be lowered and you can improve how you feel. Because mental wellness, it's not fixed, but it is something you can influence.

And you don't have to figure it out alone.